

Sunnyside News is a weekly publication designed to inform members and subscribers of our current news and events.

## CHURCH LIFE



### Blue Christmas

*a service of comfort  
for the overextended,  
broken, and grieving*

**December 17**  
**6:30 pm**

 Join us

Each year as the Christmas season approaches some people experience a deep sense of darkness and longing. Dealing with the death of a loved one, facing life after divorce or separation, coping with the loss of a job, living with cancer or some other disease that puts a question mark over the future, or any number of other human situations can make parties and joviality painful.

This year we are attempting to cover the community with invitations to the Blue Service by reaching out through various radio stations, print ads, online community calendars, bulletin boards and via select community benefit organizations such as hospice. The Blue Service is open to anyone in the community who wishes to have a space to worship and acknowledge the blue side that can accompany the holidays. It is a time to reflect and heal together.

You can participate by beginning to think of those in your personal circle – friends, family, coworkers, or even yourself – that may be comforted through this service. You might even offer to attend with them. Other ways to extend the invitation might include posting the flyer, downloadable from [www.sunnysidesda.org](http://www.sunnysidesda.org), on your Facebook page or leaving a few on the counter at work. However else you choose to participate, please commit to keeping this service of hope and healing in your prayers.

*Marla Hartman*  
Director of Ministries

## COMMUNITY SERVICES

Printess and her team would like to give bicycles to some families. If you have an old bicycle – child or adult, you'd like to donate, please contact her (232-1194).

Worship

Learn

Connect

Serve

### In this week's issue...

Church Life	1
Worship Celebration	2
Announcements	3
Getting to Know Our Family & Friends	4
The Last Word	5

# SABBATH CELEBRATION

## December 6, 2014

### Sunnyside *Light*

9:00 – 9:50 A.M.

“There's a Song in the Air”  
“Away in a Manger”

#### Prayer

Tim Rodriguez

#### Scripture

Luke 2:21-33

“What Are You Waiting For?”  
Pastor Dennis Ray

### Sunnyside Prime

11:15 A.M.

“There's a Song in the Air”  
“It Came Upon  
a Midnight Clear”

#### Welcome

Pastor Taneshia Kerr

#### Baby Dedication

of

Aeva Denise Knizevski

#### Advent Candle

Shelly Clement

“O Come, O Come, Immanuel”

#### Giving Thanks

Jason Castillo

“Rise Up,  
Shepherd, and Follow”  
“Away in a Manger”

#### Prayer

Patricia Ford

#### Musical Presentation

#### Scripture

Luke 2:21-33

Mike Ford

“What Are You Waiting For?”  
Pastor Dennis Ray

#### Benediction

## THIS WEEK AT A GLANCE

### Sunday, December 7

Music & Praise Ministry - Golden Living Center/Hy-Lond

### Tuesday, December 9

Staff Meeting 1:00 p.m. (Pastor's Office)

### Wednesday, December 10

Bulletin Info Deadline: bulletinstaff@sunnysidesda.org 6:00 p.m.

### Thursday, December 11

Church Board Meeting 6:30 p.m. (Pastor's Office)

### Friday, December 12

Worship Band/Chorister Rehearsal 5:30 p.m. (Sanctuary)

### Sabbath, December 13

Sunnyside Light: *Worship Service* 9:00 a.m.

SunnysideUp Cafe 10:00 a.m.

Sabbath School 10:00 a.m.

Sunnyside Prime: *Worship Service* 11:15 a.m.

Junior Parent Meeting following 2nd Service (Fellowship Hall)

Music & Praise Ministry 2:30 p.m. (Belmar Villa)

## PREACHING SCHEDULE

December 13 - Pastor Ray

December 20 - Pastor Ray

December 27 - Pastor Kerr

## MONTHLY CONTRIBUTION SUMMARY

<b>November Needs</b>	<b>\$29,860.00</b>
Church Needs Donations	21,302.95
Over (Short)	(8,557.05)
<b>Year to Date</b>	<b>\$328,460.00</b>
Donations Received	248,753.04
Over (Short)	(79,706.96)
<b>Associate Pastor Fund</b>	<b>\$11,808.11</b>
<b>Youth Pastor Fund</b>	<b>\$54,726.07</b>

### TITHE TO CENTRAL CALIF. CONFERENCE

<b>November Tithe</b>	<b>\$23,564.08</b>
<b>Year to Date</b>	<b>\$379,707.07</b>

### THIS WEEK'S OFFERING

Local Church Budget

### QR CODE FOR ONLINE GIVING

Access Sunnyside's secure online giving portal from your smartphone. Just scan this code with any barcode reader app and it will take you directly to our online giving site.



This Friday  
4:44 p.m.

## SUNSET

Next Friday  
4:43 p.m.

## HEALTHY BYTES



Do you ever go through patches when you feel a bit blah? We've all been there. The good news is that the foods you eat can boost your mood. You just need to know which ones to put in your shopping cart.

**#1 are Greens** on your "feel good" food list. Dark green veggies, such as collard greens and spinach.

**#2 Nuts and seeds.** Flax/chia/hemp/pumpkin seeds, walnuts, cashews and almonds.

**#3 Blueberries and acai berries.**

**#4 Raw cacao.** Yes, chocolate!

**#5 Foods high in vitamin B** are a mood lifter: legumes, nuts, seeds, brown rice, oats, dark green veggies, and nutritional yeast.

**#6 Bananas** are full of energy, vitamin B6, tryptophan, iron, magnesium and potassium, plus being a natural probiotic, high in fiber, and a regulator of blood sugar.

**#7 Complex carbohydrates** such as chickpeas, lentils, nuts, oats, brown rice, potatoes, sweet corn, wholegrain cereals, bananas and starchy vegetables.

**#8 Maca root** is purchased as a powder and has been used as a stress reliever.

**#9 Spirulina** is one of the most nutrient-dense foods on the planet; one food that seems to have it all!

**Eat well, be happy!**

For more information on healthy solutions and recipes, contact Gale Bolinger at [gale4health@yahoo.com](mailto:gale4health@yahoo.com) or visit my blog at <http://gale4health.blogspot.com.au> I would like to remind you that these "Healthy Bytes" are my own suggestions and not medical advice. I get my references from many practical sources. Please read them with this in mind.

**ANNOUNCEMENTS**

**POTLUCK THIS SABBATH**

Join us for our last potluck of 2014! Families with last names:

- A-L please bring an entree and salad;**
- M-Z please bring entree and dessert.**

Potluck is a great time to fellowship with old friends and to make new ones. *It is extremely helpful to the potluck committee if you put your name on your casserole dish or container.*

**BLUE CHRISTMAS SERVICE**

**Wednesday, December 17 at 6:30 p.m.**



This service is open to anyone who has suffered a loss – through death, divorce, depression or other life challenges. Here you will find a space to worship and acknowledge the blue side that can accompany the holidays. The service will be a time to honor your loss, and embrace God's hope and healing.

**MINISTRY ASSESSMENT & PLACEMENT**



The MAP Team is available in the SunnysideUp Café each Sabbath from 10:00 – 11:00 a.m. to assist in finding how God has uniquely created you to serve in your community. The MAP Team is using the SHAPE questionnaire to guide your discoveries. There is no commitment, only discovery, you and the Holy Spirit determine the speed and direction. Where does your SHAPE fit?

**YOUTH NEWS**

**Youth Parent Meeting - December 6:** Pastor Tom is looking forward to meeting with all the parents at our meeting this Sabbath.

**Tamale Roll - December 13 & 14:** We have lots of tamale orders to fill from our fundraiser. Please plan to help make tamales in the church kitchen. Please contact Misty Cruz (977-9335) with questions.

**Angel Tree - December 20:** We will assist with the Angel Tree reception: plating & wrapping cookies, organizing gifts and other things needed to get ready for the reception at the church.

**Christmas Party - December 20:** Details coming soon!



**JUNIOR PARENT MEETING**

Make plans to join us for next Junior Parent Meeting on **December 13** immediately following worship service in the Fellowship Hall. A scrumptious lunch will be provided for your whole family by Cheryl Colombini et al.

**JUNIOR CLASS NEWS**

**Music & Praise Ministry - December 6:** we'll join Kurt Logan this Sabbath and sing at Twilight Haven Assisted Living. Please come and support our class.

**UPCOMING ACTIVITIES**

**Worship Service - December 13:** the Junior class to sing for both services.

**Parent Meeting & Lunch - December 13:** we will have our parent & teacher planning meeting right after second service.

**Christmas Tree Lane - December 20:** Christmas Tree/Cindy Lane night walk.



**ANGEL TREE 2014**

We have the opportunity once again this year to serve some children in our community through the Angel Tree program, and to share the greatest gift of all – the good news of Jesus Christ.

Prison Fellowship Ministry works together with churches to provide a pathway between children and their incarcerated parent by providing a Christmas gift to the children on the parent's behalf. For the next few Sabbaths we will have a Christmas tree in the foyer filled with paper angels. Each angel has the name of a child and the gift requested for that child. Please take an angel or two and return the gifts wrapped with the angel attached – **by December 13.** Gifts should not exceed \$25 (please include gift receipt.) You have been so supportive of this ministry each year and we are thankful for your continued generosity! Please contact Diane Bertao 288-6308 if you have questions.

**MUSIC AND PRAISE MINISTRY**

Come join Sunnyside's Afternoon Music & Praise Ministry each Sabbath at 2:30 p.m. as we share songs and verse with the folks in care homes. You can sing along, share a scripture, or simply chat with the residents. All are welcome! For more info contact Joseph Zenith: 289-5611 or [mjzenith@gmail.com](mailto:mjzenith@gmail.com).

**This Sabbath**

Twilight Haven, 1717 S. Winery Ave - Fresno



**USE AMAZON SMILE FOR YOUR HOLIDAY SHOPPING**

Don't forget to use [amazonsmile.com](http://amazonsmile.com) for your holiday shopping. Amazon will contribute 0.5% of your eligible orders to our Youth fund.

**The Youth thank you for your support!**

**EARL MEYERS IN CONCERT**

**December 13 at 4:00 p.m.**  
at Westside SDA Church  
(2750 Martin Luther King Blvd.)  
Arrive early for a good seat.  
Admission is free to all!

**ABC OPEN HOUSE**

**this Sunday - 10 a.m. to 4 p.m.**  
You're invited to the  
Adventist Book Center's Annual  
Holiday Open House  
at 2820 Willow Ave. - Clovis

# GETTING TO KNOW OUR FAMILY & FRIENDS

## The First Sabbath of Advent: *Hope*



**Leah, Roman, Lance, & Costin Jordache**

**CHURCH ADDRESS**

5375 North Maroa Avenue  
Fresno, CA 93704

Phone: 559.229.5501

Fax: 559.229.5502

email: churchoffice@sunnysidesda.org

website: www.sunnysidesda.org

**Office Hours**

Tuesday – Friday

10:00 a.m. – 3:30 p.m.

**THE LAST WORD***Faith*

“Catholic theologian James Allison [talked] about how we think faith is about striving – keeping parameters, calling people out for not having it right, spiritual practices, doctrinal purity... whatever – but that really faith is about relaxing. Specifically, relaxing in the way we do when we are with a friend who we know for certain is fond of us. We don’t have to strive around them and we somehow still become our best self – funny, spontaneous, free. Allison suggests that faith is trusting so much that God is fond of us that we just ...relax” — Nadia Bolz Weber

“Faith consists in accepting God without asking him to account for things according to our standard. Faith consists in reacting before God as Mary did: I don’t understand it, Lord, but let it be done in me according to your word.” — Oscar Romero

“Faith is the courage ...to accept that God loves me as I am and not as I should be, because I’m never going to be as I should be.” — Paul Tillich

**HAPPY BIRTHDAY TO...**

Terri Mosley (12/6)  
David Daggs III (12/7)  
Donovan Daggs (12/7)  
Shahana Faridi (12/7)  
Kim Scott (12/7)  
Todd Alferd (12/8)  
Sabrina Rogers (12/8)  
Jeff Smith (12/8)  
Aidan Fitzgerald (12/9)  
Nathan Moore (12/10)  
Tripp Pafford (12/10)  
Janelle Kidwell (12/11)

**HAPPY ANNIVERSARY  
TO...**

Steve & Jennifer Cosner (12/7)  
Jack & Teresa Tolmosoff (12/7)  
Gilbert & Lorraine Barr (12/10)